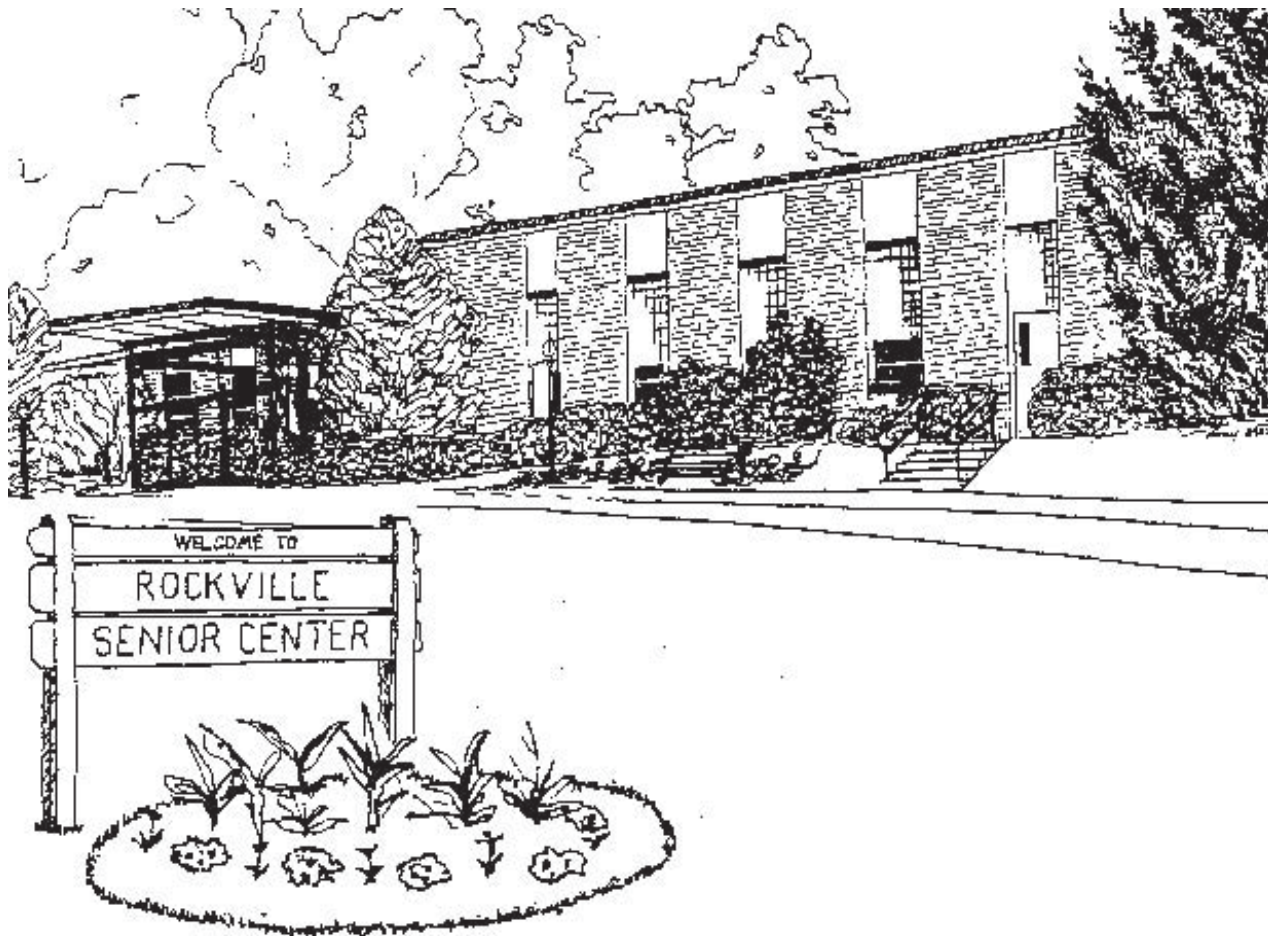


Rockville Senior Center

Newsletter/Calendar

Add life to your years!



Atención: Si usted necesita parte de este calendario traducido al Español. Por favor de llamar al 240-314-8817.

如需詢問華裔活動日程
請打電話: 240-314-8818

August 2004



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Date to Remember:

***Monday August 30
In-Person Trip Registration
10:15 a.m.***

June/July Memorial Fund & RSI Donations



Thank you to the following people who made donations to RSI and/or the Memorial fund:

In Memory of Estelle Berberian:

- Senior Citizens Commission

In Appreciation:

- Rockville Lions Club
- Carolyn King
- Sheldon & Claudia Meltzer

Forget-Me- Not:



The following members have passed away:

- Josephine Sheltra

For Sale...



Kitchen table – 47" x 35"
with two 12" leaves – six
padded brown chairs –
\$50.00. Call 301-770-3193.

To place an advertisement, please call 240-314-8800. No fee for members, non-members pay \$5.00 for two months.

Highlights for the Month...

August 3 – REDSKINS TRAINING CAMP for those with confirmed registrations.

August 3 & 5 – **WINDOWS – PAINT** The Paint Program is part of Windows. Copy and edit any picture that appears on your screen and add your own caption, or draw your own picture. Once saved, you can later attach your pictures to e-mails; any recipient using Windows will be able to open and see your pictures. \$6.00 – members & \$8.00 – nonmembers. **REGISTER ACTIVITY #11183.**

August 4 – 1:30 p.m. – 3:00 p.m. **AUGUST BIRTHDAY PARTY** This month's party features Ann Berks "Rockettes of Ages" with refreshments following the performance. A special thank you to Louise Gregory, Flo & Tom Warmack and Isabel Simmons for sponsoring the party. Free. **REGISTER ACTIVITY #10872 BY 7/28.**

August 6 – 10:00 a.m. – 12:00 p.m. **SHIBORI SCARVES** Join Donna and learn to make these incredible beautiful silk scarves in the ancient Shibori way. We've updated the techniques to make them easier and faster. This method uses twisting, knotting, folding, and a few simple stitches to create patterns in the silk. The original tie-dye! We'll make two silk scarves for you to take home. Registration fee: \$25.00 – members and \$31.00 – nonmembers. **REGISTER ACTIVITY #10849 BY 7/23.**

August 9, 24 & 26 – Monday, Tuesday, & Thursday **BEGINNERS INTRODUCTION TO COMPUTERS** This 6-hour course is for seniors having very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Basic skills are taught in small classes at a pace to build confidence and encourage further learning. Keyboard session: Monday, August 9, 10:00 a.m. – 11:30 a.m. Mouse session: Monday, August 9, 12:30 p.m. – 2:00 p.m. Word Processing session: Tuesday and Thursday, August 24 & 26, 10:30 a.m. – 12:00 p.m. Beginners are eligible to attend the Beginners Practice Lab and receive further individual instruction every Friday morning from 9:30-11:30 a.m. Free. **REGISTER ACTIVITY #11061.**

Highlights for the Month...

August 10 & 11 – 10:00 a.m. – 1:00 p.m. **WOODWORKING – SNACK SHOP BIRD FEEDER** Get ready for the fall with this easy-to-build bird feeder, designed by a songbird specialist to appeal to a variety of birds and their feeding habits. Note: \$15 material fee due to instructor at first class. Intro. to Woodworking or equivalent experience prerequisite. Registration fee: \$44.00 – members & \$55.00 – nonmembers. **REGISTER ACTIVITY #10863 BY 7/21.**

August 10 – 19, 10:00 a.m. – 12:00 p.m. **INTERNET** Get on line via the Internet and get connected to the information age. Through Internet Explorer, find free software, health information, purchasing information, product and price comparisons and much more. \$20.00 – members and \$25.00 – nonmembers. **REGISTER ACTIVITY #11113.**

August 10 – 12:00 p.m. – 2:00 p.m. **GLASS FUSING** Using various types of stained glass create an elegant wind chimes. These will then be fired in a kiln and brought back the following week for you to pick up at the Center. You'll love the look of this unique chime as it catches the gentle breezes. Registration fee: \$40.00 – members and \$50.00 – nonmembers. **REGISTER ACTIVITY #11331 BY 7/31.**

August 12 & 13 – 10:00 a.m. – 12:00 p.m. **WATERCOLOR ON SILK** Our first class was so successful that we are back again with the next level of painting on silk. Remember you don't have to have any painting experience to do this class. We'll review using resists, silk paints and the painting process. You can practice first, then make a silk pillowcase and a silk scarf of your own design. Watercolor on silk is fun, easy to do and very rewarding. Registration fee: \$30.00 – members and \$38.00 – nonmembers. **REGISTER ACTIVITY #11330 BY 7/29.**

August 17 – 10:00 a.m. – 12:00 p.m. **HISTORY LESSON – CUSTER'S LAST STAND** Professor McDermott, of Montgomery College, will be here with slides and a narrative presentation focusing on the events and landscape involved in the defeat of General Custer at Little Big Horn River. Find out what happened on this day that is still so vivid in our country's history. Free. **REGISTER ACTIVITY #11326 BY 8/3.**

At the Movies in August...



COLD MOUNTAIN

August 4 & 6 at 1:00 p.m.

At the dawn of the Civil War, the men of Cold Mountain, North Carolina, rush to join the Confederate army. Ada (Nicole Kidman) has vowed to wait for Inman (Jude Law), but as the war drags on and letters go unanswered, she must find the will to survive. At war's end, hearts will be dashed, dreams fulfilled and the strength of the human spirit tested...but not broken!

50 FIRST DATES

August 12 & 13 at 1:00 p.m.

Henry Roth (Adam Sandler) lives in a Hawaiian paradise, spending every night with a beautiful tourist in search of an island fling. It's a sweet life with no strings attached...until he meets Lucy (Drew Barrymore). He and Lucy hit it off, but the next day she acts like she doesn't know him. Lucy has short-term memory loss, so every night all memory of her day is erased. But a man in love will go to any lengths to win over the girl of his dreams, and if that means having to find imaginative ways of doing it over again every day, Henry's up for the challenge.



BINGO

EVERY WEDNESDAY

The Rockville Seniors, Inc. fundraising
BINGO every Wednesday night.

- \$1,000 Jackpot
- Early Bird starts at 7:00 p.m.
- Regular Games at 7:30 p.m.

Free, well-lit parking
Complementary food with admission

1150 Carnation Dr.
Rockville, MD 20850 • 240-314-8800

Directions: 240-314-5019

Highlights for the Month...

August 18 – 1:00 p.m. – 2:30 p.m. **CLASSICAL MUSIC APPRECIATION WITH MURRAY** Surely the classical composers went through their own ‘dog days of August’. Why else would there have been so much music written about water, rain, snow and wind? We will hear selections by Strauss, Tchaikowsky, Smetana, Rossini and Beethoven. We also will learn if wind instruments can really cool us off, or whether Murray just has the brass to string us along. Free. **REGISTER ACTIVITY #10845 BY 8/11.**

August 19 – 1:00 p.m. – 2:00 p.m. **SHOULDER PAIN** Dr. David Smink will review the anatomy and physiology of the shoulder and describe some of the common problems associated with the shoulder, particularly in the senior population. These include torn rotator cuffs, frozen shoulder and arthritis. New surgical techniques and medication are on the market and he will describe some of these new treatments and rehabilitative strategies for better movement. Free. **REGISTER ACTIVITY #10932 OR CALL 240-314-8810.**

August 30 – **IN PERSON TRIP REGISTRATION FOR FALL TRIPS.** 10:15 a.m. Lottery numbers handed out. Registration begins at 10:30 .m.

August 31 – **WOLFTRAP TRIP** – “The King and I” for those with confirmed reservations.

BAKE SALE

to benefit the Alzheimer’s Association. Volunteer to bake or help out by calling 240-314-8810.

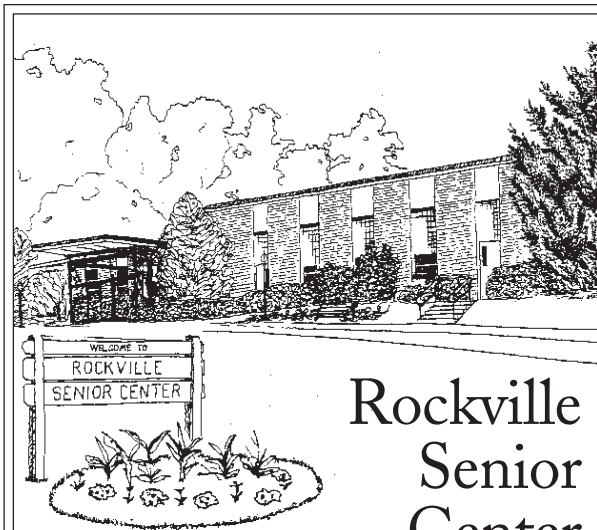
Date: Monday, August 30, 2004
Time: 9:30 a.m.



ALSO - Special **Forget-Me-Not cards** to honor or remember a loved one are available for \$2.00 in the Gift Shop. Cards will be posted at the Center. Join the Rockville Senior Center Memory Walkers! (See page 10 for more details)

Center News...

- It's Official!! RSI has received the **largest single donation in its 22 year history!** Rockville Seniors, Inc. sold the property that was deeded to them for \$210,000. The property, located in the Rockcrest area, was owned by Center member Norman White who passed away last December. Norman deeded his house and contents to RSI so the proceeds could be used to provide programs, facilities and services for the seniors of Rockville. This is the largest gift that the senior center has received as part of its **planned giving program**. If you are interested in learning more about how you can improve your tax situation and make a major or endowed gift to the Center as part of your estate planning, talk to your financial advisor or accountant. You will leave a legacy for years to come.
- Congratulations to member **Theresa Maxwell!** The City of Rockville's Neighborhood Resources Team recently honored Terry with the "Mayor and Council Good Neighbor Award". This award recognizes exceptional individual contributions that improve the quality of life in their neighborhood. Terry was nominated for this award by Frances Loveless.
- **Please respect the rules of the Center.** We are having difficulties with people not leaving rooms before scheduled classes, eating in the hallways and at the computers, spilling coffee and other drinks in the hallways, and not wiping feet before entering the building. It is very difficult for our custodians to keep the building clean when we continually leave a mess around the building. Furthermore, if you want to use a room to play mah-jong, or practice singing or dancing, you must check with the front office first so we can schedule you in the room. Please let's all work together to treat the center as our home away from home!



Rockville Senior Center

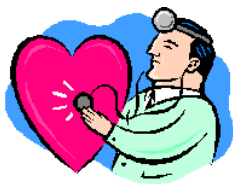
Rooms Available for Special Occasions

If you are planning a reunion, baby shower or wedding reception, the Rockville Senior Center has space available to rent for reasonable rates.

Set in a quiet, park setting conveniently located between Routes 355 and I-270, the center has a large reception room ideal for large parties and receptions of up to 200 people. Smaller meeting rooms for 20 to 50 people are also available. Senior Center Member Discount.

For additional information, call 240-314-8801

Heartwell Program: Tip of the Month



It's never too late to begin protecting yourself from the sun. Your skin does change with age — for example, you sweat less and your skin can take longer to heal, but you can delay these changes by staying out of the sun. Follow these tips to help prevent skin cancer:

- Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure and then every few hours thereafter.
- Select cosmetic products that offer UV protection.
- Wear sunglasses with total UV protection.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.

Submitted by Elyse Greenberg, RN

Wellness Matters...What Causes Heartburn?

Heartburn is a symptom of gastroesophageal reflux disease (GERD), a phenomenon in which acid and pepsin rise from the stomach into the esophagus. The “heart” of heartburn is the burning sensation behind the sternum. A variety of foods, certain emotions such as anxiety or anger or particular positions like reclining or bending forward can aggravate your heartburn.

Here are some tips that can help to relieve or eliminate mild heartburn:

1. **Eat smaller meals** as a large meal stays in the stomach for several hours.
2. **Relax**—Sit down when eating and chew completely. Play soothing music.
3. **Remain upright after eating.** Do not bend over or lift heavy objects.
4. **Avoid bedtime snacks.** Do not eat within 3 hours of going to bed.
5. **Lose weight.** Excess pounds increase pressure on the stomach, pushing acid into the esophagus.
6. **Loosen up.** Avoid tight belts or waistbands that put pressure on your stomach.
7. **Avoid foods that burn.** Spicy dishes, high-fat foods, tomatoes and tomato products, citrus fruits, garlic, onions, carbonated drinks, tea, coffee, chocolates and alcohol can cause GERD.
8. **Chew gum.** It can increase saliva production and soothe the esophagus.
9. **Stop smoking.** Nicotine stimulates stomach acid.
10. **Consult your pharmacist.** Some drugs like aspirin or other nonsteroidal anti-inflammatory drugs can increase heartburn.

Many people are able to manage heartburn on their own, without medical care. However, serious problems can develop when persistent GERD with frequent relapses go untreated. Problems can include severe narrowing of the esophagus, erosion of its lining, precancerous changes in the cells of the esophagus and esophageal ulcers. It is best to see a doctor about persistent symptoms.

Submitted by Mary Fleisher, Wellness Coordinator

Mexican Riviera Cruise



There's no place quite like the Mexican Riviera, especially in January. Cruise aboard the sensational Norwegian Star for 8 days to the tropical western coast of Mexico and the Baja Peninsula. Be a part of Acapulco's nightlife. Relax on the soothing sands of Zihuatanejo. Experience the colonial elegance of Puerto Vallarta and soak in the crystal clear waters of Cabo San Lucas.

It's the Mexico that you've dreamed of !

PRE-CRUISE PRESENTATION
September 15, 10:30 a.m.
Senior Center

ATTENTION:

Next extended trip destination - Tulip Time River Cruise - Holland and Belgium.

April 9-17, 2005 You may register now and get first choice of cabins. If interested, call Joyce Staub, 240-314-8822 for more information.



January 8 - 16, 2005
Cost begins at \$1499
per person/double occupancy

Trip includes: Transfers to & from BWI, round-trip non-stop airfare on United, transfers from airport to ship, 8 night Mexican Riviera Cruise, all meals, port charges, taxes; baggage handling & tips to local coach drivers.

REGISTER NOW !

Registrations will be accepted on a first come, first served basis until the trip is filled.

REGISTRATION FORM: Mexican Riviera Cruise Deposit \$435.00
Make check payable to CITY OF ROCKVILLE

Mail or Drop off :Rockville Senior Center

1150 Carnation Drive

Rockville MD 20850

Attn: Mexican Riviera Cruise

Name _____ Phone _____

Address _____

Emergency Contact _____

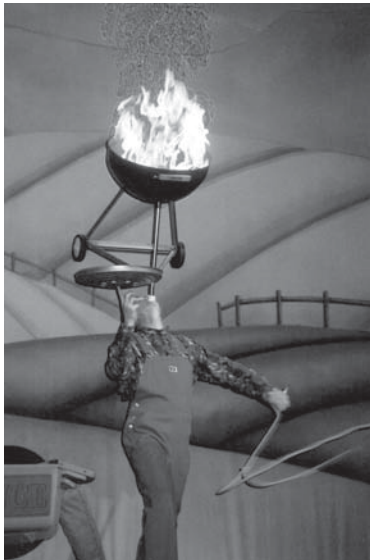
Roommate _____ Need Roommate YES NO

Center Programs & Events...

The Branson Missouri Trip was Great!



Our group had a great time in Branson in June. They took in a Yakov Smirnoff show (above left), where Betty Briscoe showed off her talents dancing on stage (right), and watched amazing jugglers (below left). Helen Michaelian was the honorary captain of the Duck boat (below).



Center Programs & Events...

Recognition of Achievement in English Studies Ceremony June 28, 2004



Didima Castro receives flowers
from Burt Hall, Director of
Recreation and Parks



Instructor Dr. Costa is
surrounded by the
students she helps
teach English.



Maryam Bidrosian (left), a participant
in our Citizenship Class, was
awarded her US Citizenship on
May 21, 2004.
Congratulations Maryam!



Ophelia and Jack O'Dell celebrate 58
years of marriage by going to the
Frederick Keys game.

Alzheimer's "Memory Walk"

October 3, 2004 in Rockville

If not us, who???

The Alzheimer's Association's MEMORY WALK is a nationwide annual event whose purpose is to raise money to help those battling Alzheimer's and associated diseases affecting memory. Funds raised go specifically to our local community (the National Capitol Area) to support, educate and improve the lives of those affected, both patients and caregivers.

As many of you are aware, Alzheimer's disease and related dementias rob persons of their memories, their ability to function and eventually take their lives after years of battling the illness. Almost 4.5 million Americans currently have Alzheimer's disease, and the number is rising fast as the total number of people over 65 years of age increases. The other unsung victims of these diseases are the family members and caregivers of those afflicted. Their stress and anguish, as they struggle to provide care, goes on for years.

This year we are fortunate to have the MEMORY WALK right here in Rockville, and the Senior Center is forming a team to participate - "THE ROCKVILLE SENIOR CENTER MEMORY WALKERS"!!! Since Alzheimer's is a disease for which seniors are especially vulnerable, and many of us know friends and family members who have been stricken with Alzheimer's disease, we urge **everyone** to participate, either as team member or supporters. IF NOT US, WHO?

WHEN: Sunday, October 3, 2004. Team registration at 8:30 a.m. Walk is from 10:00 a.m. - 12:00 noon.

WHAT: 1 or 3 mile walk, your choice

WHERE: Old Courthouse Square, Rockville

Won't you join us? Together we CAN make a difference!

Those interested in participating as **TEAM MEMBERS**, please pick up your packet at the Information Desk. Return your completed registration form to the Transportation Office. Team members are each expected to raise money to help support the Alzheimer's Association by obtaining sponsors. To **SPONSOR** (donate to) the walk, you can do so through a team member or leave your contribution in the Transportation Office. Check's should be made payable to the Alzheimer's Association.

Special **Forget-Me-Not** cards to honor or remember a loved one are available for \$2.00 in the Gift Shop. Cards will be posted at the Center.



Fitness and Wellness: Working Hand in Hand for a Healthier You!

FITNESS

FITNESS CLUB ROOM

HOURS:

Mon.-Fri.-8:30am-4:50pm;

Sat. 8:30am-12:50pm

Membership available by taking Exercise Machine Training. See Guide for information.

Exercise Machine Training:

Register via Recreation Guide. You will be called for an appointment time.

Toning Table Training: Signup sheets are on the desk outside Fitness Room.

Game Room: Table tennis & pool tables, dart board & equipment are available Monday - Saturday.

Senior Fitness Cluster: Apparatus & directions located behind children's playground.

Weight Scales: In Fitness & Health Rooms.

Personal Trainer Available: See Rec. Guide.



WELLNESS

Health Insurance Counseling:

Call 240-314-8810 for an appointment. One-on-one counseling on medicare, medigap, long-term care insurance, HMOs, claims and appeals. Wed. 8/11.

Blood Pressure Screenings: Mon. 8/9 & 8/23 and Wed. 8/4 & 8/18. 10am - 12 pm

Loan Closet: Medical equipment for short-term loan. Call 240-314-8803.

Medical Clinic: 8/3 - 12:30pm - 3:30pm & 8/17 - 12:30 pm- 5:00pm. Call 301-493-2400.

Heartwell Nurse: Mon. Wed. & Fri., 9am-2:30pm. Call 301-610-0143 for an appointment.

Body Fat Composition: Thursdays, 10:30am- 12pm

Healthcare Screenings: Tues. 8/31 - call 1-888-922-2528 for appt. Includes abdominal aortic, carotid vascular and ankle brachial index.

RSI Reports...

The meeting of the Rockville Seniors Inc. was held on Tuesday, June 15, 2004, at the Rockville Senior Center. The meeting was called to order by Chairman Ron Barber at 1:05 p.m. followed by a moment of silent prayer. The minutes from the May 18, 2004 meeting were accepted.

TREASURER'S REPORT: A report for the month of May 2004 was presented.

STANDING COMMITTEES:

A. Budget: Please review the drafts of the 2004-2005 budget for approval at the July meeting.

B. Ways & Means: No report.

C. Bingo: Bingo is doing very well.

D. Correspondence/Memorial: We had two donations in May for Estelle Berberian for a total of \$150.00. Stuart Crump donated his award back to the center. We received \$620.00 for the Dining Room in May.

E. Gift /Thrift Shop: The Gift Shop is doing very well. We had \$1,704.20 in total sales and paid consignors \$488.63. We will have a Christmas in July sale starting on July 6.

F. Publicity: No Report.

G. Senior Citizens Commission: For our current project we are accumulating information on independent living for seniors. The report will not include nursing homes.

There are two vacancies on the commission and the commissioners have had to double up on assignments. The commission will go to Susan Hoffman for help in appointing new commissioners. Marty Roney will not attend the next RSI meeting but Ciriaco Gonzales will attend in her place.

Anne Robbins stated that at last night's Mayor & Council meeting they received a commitment from JVG Co. who is building homes at

Twinbrook Commons and King Farm to put in affordable senior housing. This would include wider hallways, accommodations in bathrooms and accessible units. JVG Co. will take a loss on them to make them affordable. The Mayor & Council will not sign any new resolutions for building unless senior housing is provided.

H. Hispanic Services Report:

Hispanic Heritage Celebration: The Hispanic Group, led by Mrs. Minera, has conducted a "brain storm" meeting to collect input ideas. A selected committee will review those suggestions and come out with a program. We hope that this year's program will provide the same joyful enjoyment and festive entertainment as it has done in the past.

Support Group: Following the Board's recommendation, I met with Lorraine to discuss the possibility of creating a support group that will help some senior members facing emotional problems rooted in their concrete life situations, to overcome or handle those problems. The creation of this group is in process, and a professional has been contacted to lead the group in sessions conducted once a week.

I. Asian Services Report: The \$600.00 donation made in May was from a member's relative in Hong Kong. They will make another donation of \$600.00 soon. Betty H. will give Chu S. a thank you note to be forwarded to Hong Kong.

OLD BUSINESS:

George G. was asked to contact the city workers who are going to install the Bocce Ball Court screen and ask them to make it a full screen because Ruth H. said her mother would like that.

NEW BUSINESS:

Lorraine Schack asked if RSI would be interested

in sponsoring a team for the Alzheimer's Association Memory Walk on Sunday, October 3, 2004 at Rockville Town Center. A motion was passed to sponsor a team for the Alzheimer's Association Memory Walk and pay the \$75.00 registration fee. Betty H. offered to enter information on computer as needed. We need a team leader. Mary Fleisher, Martha McClelland and Lorraine S. will supply staff support.

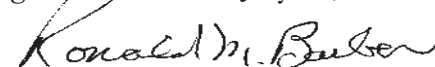
Paula C. thanked the staff and the board for the beautiful flowers, phone calls and cards. She enjoyed being on the board and will come in the future.

Ron B. distributed proposals from realtors interested in listing the property on Wade Avenue. Ron presented a proposal to purchase the property for \$205,000.00. It would be cash up front and we would not pay real estate fees or insurance and the basement is damp. Motion approved to accept the purchase offer instead of going with a realtor but to counteroffer with \$210,000.00. The closing date must be within 30 days.

Motion approved to pay \$500.00 for thoroughly cleaning out the house.

George G. wanted to compliment Joyce Staub, Jackie Cristiano and Marty Staub on the fantastic job they do for the senior center. Joyce S. takes care of seniors who would not otherwise be able to go on trips.

The meeting was adjourned at 2:25 p.m. The next meeting is scheduled for July 20, 2004.



RSI Chairman and President

August 2004

Senior Citizens Commission Highlights...

We hope you had a delightful Fourth of July holiday and didn't overdo it with the hot dogs, etc. Are you also trying the "low carb" diet? Seems like everyone is on low carbs and low fat diets. It certainly is not always healthy. Be careful.

Your commission has three vacancies as of July. If any one is interested in volunteering to work as a commissioner, please send a letter to the City Clerk, Claire Funkhouser, 111 Maryland Avenue, Rockville, MD 20850 indicating your interest in being appointed, with some information on your experience and education.

On July 22, the committee working on senior housing will be meeting to put together the information we have gathered regarding senior housing (the lack of) in Rockville. We have found a lot of information of various types of housing that is being planned and some that is currently occupied. We will try to put this information together and make it available to the Mayor and Council to help them make an informed decision on the housing needs of senior citizens and explore ways to increase the availability of senior housing in Rockville.

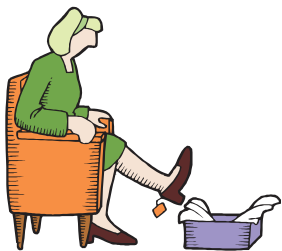
Submitted by Cicaco Gonzales, Chairman



Senior Transportation Shopping Trips for August

Washingtonian Center - August 2

Milestone Center - August 23



Woodshop Demonstration by Murray Stein

For those of you who have never seen how Native American pots are made out of exotic tropical hardwood, Murray Stein will be giving a workshop hosted by the Senior Artists Alliance at Glenview Mansion on August 5th at 7:30 p.m.

He will use a small lathe, and the demonstration will be similar to the one he gave at the Smithsonian's Renwick Gallery two years ago. Other wood artists will also participate, describing what they do, as well as being available for Qs & As. You don't have to be an artist to appreciate the lecture/demo. While you are at the Mansion, enjoy the woodworking exhibit by Len Harris.

Senior Services Numbers

Social Services	240-314-8810
Transportation	240-314-8810
Lunch Program	240-314-8810
Rockville Senior Center	240-314-8800
Recreation	240-314-8820
Sports & Exercise	240-314-8820
Wellness	240-314-8803
Nurse	301-610-0143

Programs and Services...

Shopping: Washingtonian Center – August 2, 2004
Milestone – August 23, 2004

OUTREACH AND SERVICES

Advance Directives – A Guide to Maryland Law on Health Care Decisions
Forms and information are available in the Transportation office and in Outreach services.

Applications - Medical Assistance, Rental Assistance, Pharmacy Assistance and other applications are available in the Senior Outreach office.

Assistive Listening Devices – If you need help hearing a speaker or a program, new earphones purchased by the Center can help. Ask any staff person for assistance.

Companion Animals – Birds are available for loan and/or adoption. Look for them before the monthly birthday party.

File of Life – Have vital medical information available in emergency situations. Your medical information is attached to a large magnet placed on front of your refrigerator – saving valuable time for emergency or rescue personnel. Available in transportation office and in Outreach services.

Financial Assistance – *Senior Assistance Program* will help with Senior Center membership, class fees, trips, and programs. Must be income eligible and a Rockville resident. To apply call 240-314-8810. *Rockville Emergency Assistance Program* will provide personal assistance when faced with emergency financial difficulties. For an appointment call 240-314-8816.

Health Insurance Counseling – One-on-one counseling on Medicare, medigap policies, long-term care insurance, HMOs, claims and appeals is available each month from volunteers from Senior Health Insurance Assistance Program. Call 240-314-8810 for an appointment.

Home Repair, Maintenance and Modification – Provided by skilled volunteers, these free services are available to low and moderate income seniors who live in Rockville. To apply, call Senior Outreach at 240-314-8816.

Grandparents Raising Grandchildren Support Group – Meet other grandparents, gain support, and learn about resources. Call Lorraine at 240-314-8810 for information.

Information and Assistance – Learn about important services for seniors. For help in Chinese call 240-314-8818, in English call 240-314-8816 and in Spanish call 240-314-8817

Legal Assistance – For assistance with simple wills a volunteer attorney is available monthly. For an appointment call 240-314-8810.

Loan Closet – Wheelchairs, walkers, tub seats and other medical equipment are available for short-term loan. Wheelchairs, \$50 refundable deposit. Call 240-314-8803

Mobile Post Office – Tuesdays 11am – 12:15 pm in front of the senior center.

Notary Services – No charge. Call 240-314-8810 or see Bette in the transportation office.

TRANSPORTATION (applications are available in the Transportation office)

Accessible Parking Applications – For motorists with disabilities, applications for parking placards and license plates are available.

Call'N Ride – Taxi coupons valued at \$30.00 may be purchased each month at a reduced rate based on income and family size.

City of Rockville buses – Door to door bus service is available to the Rockville Senior Center, shopping, the Pump House, club meetings and special trips. Reservations are required.

Metro Access – This is a public transportation service for individuals with disabilities. Participants must be certified by Metro (WMATA) that they are not able to use public transportation. A guide to Metro Access and applications may be picked up.

Metro Applications for Senior Citizen Reduced Fare Program – ID cards are necessary for discounted Metrobus and Metrorail fares.

Metro Fare Cards Discount fare cards are available for purchase. Minimum age 65

Carnation Supper Club...

August 2004 * Please call
240-314-8810 for reservations!

Join us on Tuesday evenings for dinner, socializing, and entertainment. Transportation is provided. Please call before noon p.m. on Fridays to make a reservation. The price for each dinner with entertainment is \$10.00.

August 8th:

Summer Picnic by Chicken Out

Catering

Rotisserie Chicken
BBQ Pulled Rotisserie Chicken
Cole Slaw
Vegetarian Baked Beans
Garden Salad
Rolls & Biscuits
Dessert

Featuring the "JC Combo"

August 10th:

Catered Dinner by

Festive Occasions, Unlimited

Waldorf Salad

Roasted Turkey Breast with Gravy

Apple Cranberry Chutney

Savory Stuffing

Fresh Green Beans with Red Peppers

Rolls & Butter

Mixed Berry Pie

Whipped Cream

Featuring "Brian Rudolph"

August 17th:

Catered Dinner by

Festive Occasions, Unlimited

Spinach, Sundried Tomatoes, Black Olives &

Pinenut Salad with Lemon Vinaigrette

Marinated Pork Tenderloin

Apple Cranberry Chutney

Garlic Mashed Potatoes

Green Beans

Triple Chocolate Cake

**Featuring "Hilda Sieble & Hank
Bryant, Violin"**

August 24th:

Summer Buffet by Chicken Out

Catering

Garden Salad

Rotisserie Chicken

Red Skinned Mashed Potatoes

Medley of Peas, Corn & Carrots

Biscuits & Butter

Featuring "Michael Baytop"

August 31st:

by Catered Dinner by Festive

Occasions, Unlimited

Mixed Green Salad with Cherry Tomatoes,

Cucumbers & Olives

Ranch & Balsamic Vinaigrette Dressings

Salisbury Steak

Mushroom Gravy

Parslied New Potatoes

Glazed Carrots

Rolls & Butter

Brownies

Fresh Strawberries & Cream

Featuring "Mike Surrat, Keyboards"

No Cook - Key Lime Pie



1 package (8 ounces)
nonfat cream cheese, at room
temperature

1 teaspoon grated lime rind

1/3 cup fresh lime juice (about 3 limes)

Sugar substitute to equal 1/4 cup sugar

1 container (8 ounces) light frozen
nondairy whipped topping, thawed

1 prepared graham cracker pie crust

8 thin lime slices for garnish (optional)

1. Place cream cheese, lime rind, lime juice and sugar substitute in a large bowl; beat with mixer on medium speed until fluffy, 3 to 4 minutes. Fold in whipped topping. Spoon evenly into pie crust.

2. Refrigerate 4 hours or until filling is firm. Garnish with lime slices if desired.

Prep – 10 minutes. Makes 8 servings.

Computer Lab Update...



BEGINNERS INTRODUCTION TO PERSONAL COMPUTERS #11062

Sept 13 – Monday 10 – 11:30 a.m.
THE COMPUTER KEYBOARD

Sept 13 – Monday 12:30 – 2:00 p.m.
USING THE COMPUTER MOUSE

Sept 28 & 30 – Tues/Thurs 10:30 – 12 noon
BEG INTRO TO WORD PROCESSING

PLEASE NOTE:

These free classes provide fundamental computer skills and are one of the prerequisites to future classes. **Telephone registrations will not be accepted.** If you wish to register for the Beginners Series, visit the Information Desk at the Senior Center and fill out the registration form.

You must register for ALL 4 BEGINNER CLASSES, unless you can pre-qualify prior to class at one of our Student Skills Practice Labs. Our instructors and coaches are available every Friday from 9:30-11:30 a.m. to help you qualify for your class choices. If you do register and find you are unable to attend, please call—another member may wish to take your place.

OPEN SKILLS PRACTICE LAB

Our Instructors and Coaches are available every Friday morning from 9:30 – 11:30 a.m. during our Open Skills Practice Lab to help qualify you for your class choices. Stop in and meet with them.

UPCOMING CLASSES AUGUST-SEPTEMBER 2004

Before you register: Please note these classes are listed in date order, and are appropriate for students of various ability levels.

Class Levels:

- A = Beginners with no prior computer experience
- B = Students with some prior computer experience, recent practice
- C = Students who have completed pre-requisites
- D = Students with specific listed pre-requisites

Most classes have required pre-requisites, fees and class materials cost (payable to instructor). Classes may also be canceled for lack of the minimum necessary registration. Be sure to register early! See the Recreation Guide for dates, times and specific details.

B	#11183	Windows - Paint	August 3 & 5	1-3 pm
A	#11061	Beginner Intro to Computers	Aug 9, 24 & 26	am/pm
C	#11113	Internet	Aug 10, 12, 17, 19	10-12 noon
C	#11110	E-Mail	Sept 7, 9, 14	10-12 noon
B	#11249	Find, Save & Use HELP	Sept 7, 9	1-3 pm
B	#11096	Clarify Computer Concepts	Sept 8	10-12 noon
A	#11062	Beginner Intro to Computers	Sept 13, 28, 30	am/pm

Montgomery County Senior Nutrition Program - LUNCH MENU

Call 240-314-8810 for reservations and cancellations. The full cost of the meal is now \$4.05.
For persons age 60 and over and spouse of any age, a voluntary contribution is requested.

Monday, August 2 Barbecued Beef on a Bun Mixed Vegetables Coleslaw Ice Cream	Tuesday, August 3 Broccoli Soup Tuna Salad Lettuce & Tomato Rye Bread (2) Applesauce	Wed, August 4 Chicken Parmesean Corn & Lima Beans Garden Salad Spice Muffin Fresh Fruit	Thurs, August 5 Apple Juice Vegetarian Lasagna Tossed Green Salad French Bread Fresh Fruit	Friday, August 6 Turkey Chow Mein Rice Vegetable Salad Whole Wheat Bread Vanilla Pudding
Monday, August 9 Lentil Soup Cottage Cheese with Peaches and Lettuce Spice Muffin Fresh Fruit	Tuesday, August 10 Chili Con Carne Beans & Rice Coleslaw French Bread Fruit Cocktail	Wed, August 11 Turkey Tetrizzini Chopped Spinach Tomato-Cucumber- Onion Salad Pumpernickel Bread Ice Cream	Thurs, August 12 Herb Baked Chicken Pasta Salad Carrot Raisin Slaw Whole Wheat Bread Fresh Fruit	Friday, August 13 Breaded Scrod Corn & Lima Beans Stewed Tomatoes Rye Bread Fresh Fruit
Monday, August 16 Turkey Divan Rotini Noodles Tomato-Cucumber-Onion Salad Rye Bread Diced Pears	Tuesday, August 17 Chicken Cacciatore Brown Rice Spinach Salad Whole Wheat Bread Fresh Fruit	Wed, August 18 Orange Juice Spinach-Rice-Cheese Casserole Vegetable Salad French Bread & Cookie	Thurs, August 19 Vegetable Soup Tuna Salad Lettuce & Tomatoes Pumpernickel Bread Fresh Fruit	Friday, August 20 Apple Juice Roast Beef & Gravy Mashed Potatoes Three Bean Salad Roll & Ice Cream
Monday, August 23 Orange Juice Lentils-Rice-Tomatoes Tossed Green Salad Whole Wheat Bread Fruit Cocktail	Tuesday, August 24 Breaded Scrod Garden Potato Salad Coleslaw Rye Bread Fresh Fruit	Wed, August 25 Beef Tips with Gravy Mashed Potatoes Spinach Salad Roll Fresh Fruit	Thurs, August 26 Chicken Country Captain Brown Rice Garden Salad Spice Muffin Ice Cream	Friday, August 27 Potato Soup Turkey Chef Salad Marinated Beets Pumpernickel Bread Fresh Fruit
Monday, August 30 Chicken Patty on a Bun Garden Potato Salad Lettuce & Tomato Fresh Fruit	Tues, August 31 Applesauce Spaghetti with Meat Garden Salad French Bread Ice Cream			

City of Rockville
Rockville Senior Center
1150 Carnation Drive
Rockville, Maryland 20850

PRESORTED
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PERMIT NO. 63

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Robert E. Dorsey
John F. Hall, Jr.
Susan R. Hoffman
Anne M. Robbins

ROCKVILLE SENIORS, INC.

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V. President/Co-Chairman - George Galasso
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ROCKVILLE SENIOR CITIZENS COMMISSION

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Vice-Chair: Marty Roney
Commissioners:
Audrey Beck Stuart Crump
Connie Farrell Murray Stein
Jonathon Triandafilou

DEPARTMENT OF RECREATION AND PARKS

Burt Hall, Director
Philip Bryan, Supt. of Recreation
Steve Mader, Supt. of Parks and Facilities

Any individuals with disabilities who would like to receive the information in this publication in another form may contact the ADA Coordinator at 240-314-8100.

SENIOR CENTER STAFF

Nick Aquino, Building Custodian
Mary Barber, Clerk
Maryam Bidrosian, Nutrition Aide
Janet Colwell, Clerk
Jackie Cristiano, Program Assistant
Keith Dennis, Building Custodian
B.J. Dittbrenner, Outreach Worker
Mary Fleisher, Wellness Coordinator
Edith Gregg, Clerk
Jill Hall, Senior Center Supervisor
Mary Hebron, Bus Driver/Nutrition Aide
Anthony Hilliard, Bus Driver
Dorothy Jackson, Clerk
Theodore Jackson, Bus Driver
Jean Kemmerer, Nutrition Program Aide
Sarah King, Pump House Program Asst.
Chris Klopfer, Personal Trainer
Betty Lauder, Nutrition Site Manager
Karen Lumpkin, Sr. Recreation Coord.
Edward Lynn, Bus Driver
Marie MacKay, Clerk
Martha McClelland, Outreach Worker
Melissa McKenna, Center Secretary
Ethel Miles, Bus Driver
Miriam Minera, Outreach Worker
Angie Reed, Bus Driver
Karina Rodriguez, Reg. Specialist
Bette Sanders, Senior Services Secretary
Lorraine Schack, Sr. Social Services Coord.
Vicki Smith, Nutrition Program Aide
Dorothea Sipes, Bus Driver
Joyce Staub, Sports & Exercise Coord.
Shelley Stewart, Bus Driver
Zhao-Yong Sun, Outreach Worker
Ann Taylor, Kitchen Manager
Eileen Tragert, Program Assistant
Lillian Tyska, Clerk
Vacant, Program Assistant
Chris Veirs, Program Assistant
Margie Wheeler, Supper Club Site Mgr.
Rozell Wilson, Bus Driver

Mission Statement

To promote participation by all Rockville citizens in diverse, interesting, and high quality recreational and leisure opportunities in safe, modern, and well maintained parks and facilities.